



DISTRIBUTE TO PARENTS, KIDS AND EDUCATORS

Family Stories

This is a good time to tell your family story. As you sit at the dinner table talk of your ancestors, places you have been, past experiences. Those “stories” will be told for generations, relived and remain family history.

Better yet, record it on a DVD (family project) or write it down, make sure history is here to stay. We use to interview our elder, get their stories

about work, travel, and the times they lived. But watching a DVD 20 year after Grandma has passed; to hear her voice, see her face, it's priceless.

Young children could draw pictures telling the stories. Older youth can create a manuscript with photographs or remaking the video production.



The discussions will develop conversation techniques and how to listen (November 22 and November 26). The National Day of Listening website has a complete “do-it-yourself” guide show to record interviews

www.nationaldayoflistening.org. For educators, there is an entire website for grades 5-6 theme www.mhsio.ca/familystoreis/planning.html.

You can celebrate the entire month's activities through Family Stories.

How it Ties Together

National Family Week can be celebrated all month. Started in 1968 by a teacher in Indianapolis, Sam Wiley felt bringing families and the communities together would foster stronger connections. Starting here in the U.S.A. Family Week is now celebrated nationally.

LOOK AT ALL THESE FAMILY ACTIVITIES DOESN'T MATTER YOUR AGE

National Family Week November 21-28
National Game and Puzzle Week November 21-28
National Teens Don't Text & Drive Week November 21-27
Better Conservation Week November 22-28
National Family Volunteer Day November 20
National Day of Listening November 26

**CELEBRATE!!! WE HAVE GAVE YOU
SEVERAL WAYS IN THIS HOT TOPIC.**

WHAT IS A FAMILY?

Kids need us and we need them



Photo courtesy of Alan & Sandy Carey

There are so many dynamics to a family, both parents, single parents, one brother, and six brothers. But one thing is common among all—they care, support, keep each other safe and love one another.

As parents we try to understand the

new trend of the teenager this year or assembling that new bike that came in 2,000 pieces, we still take the time. We take the time to place interest in their activities; to listen to the new wave of music; to bend down and teach to tie a shoe.

But the siblings need to build a relationship too. They must learn to respect one another's territories and develop communication.

Kids' need an adult partner more than ever—let's be there for them!!

And kids...Give the parent a break—we are doing as best we can. Talk to us and help us out.

PLS DNT TEXT + DRIVE It's Nebraska Law

Keys in ignition, cell phone in pocket or better yet—OFF? State Farm Insurance conducted a survey of 14 to 17 year olds. Over 55% believed they could be killed if they drink and drive. Only 36% believe it could happen while texting and 15% believe alcohol is more a factor than sending a text message.

Did you know the act of texting while driving is surpassed the use of alcohol behind the wheel for accidents in the teen and young adult age group?

National Teens Don't Text & Drive Week November 21-27—make it a FAMILY WEEK

Side note to teens

- ◇ Is the message about Saturday night that important that you can't wait until you get to your destination in 5 minutes? At least you will be alive to enjoy whatever the text said.

Side note to parents

- ◇ Have your teen drive sign a written driving contract.
- ◇ 2/3's of high school teens said their parents use cell phones while driving; half speed and a third do not wear seatbelts. Set an example when they are a passenger.

This website has education videos. Make it a family event with your teen. Watch the videos together.

www.dontdriveandtext.org

Peanut Butter Lover's UNITE

You love peanut butter as much as I do? We will be best friends for life. Peanut butter began as a protein source for vegetarians. Peanut butter grinders date back to 1896 and was introduced in St. Louis in 1904.

We all love peanut butter in cookies, bars, fudge, ice cream and right out of the jar. Your next family night, let the treat center around peanut butter to celebrate Peanut Butter Lover's Month while you enjoy your games.

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BUT BY DEPTH OF THE
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IN THE LIVES OF OTHERS."

-DEANN HOLLIS

www.familycares.org

Family Volunteer Day November 20

The week of November 14-20 is National Hunger and Homeless Awareness Week. What a great opportunity to spend family volunteer time.

Can you visit your food pantry and sort donations? How about helping the nearby shelter with a cleaning project?

"Family Volunteer Day is designed to demonstrate the power of families who choose to volunteer together to support the communities in which they live and serve. It provides quality time, strengthens communication and bonds and positively impacts communities." Hands on Network (part of the Points of Light Institute)

Their website has a host of ideas and resources for families of all sizes and age groups.

I remember gathering around the table, especially after a holiday meal. We played cards and other board games. And, we laughed until our full stomachs couldn't take it.

Technology has divided us. We want fast paced and action—all about ACTION! Guess rolling the dice isn't much action. But family game night can be. Ages two to one hundred can enjoy fun in an inexpensive and creative way. Dust off a deck of cards or visit a rummage sale to find games you remember as a child.

Games can also teach cooperation, patience, teamwork, counting, spelling, and math and develop learning strategies. Statistics show games or movie night builds family bonding, fosters communication, and develops a close

BRING OUT THE BUCKET OF GAMES OR POPCORN. YOU JUST MIGHT HEAR LAUGHTER!

family. Studies have shown family night keeps the adult mind active and helps to ward off symptoms of Alzheimer's and dementia.

Remember as you plan your "family night", set up a routine schedule like every Thursday. Keep it simple and enjoy. Rotate family members to plan activities—have a great time

Monopoly is 75 years old this year (hint)